

VEGETARIAN FOOD A SCIENTIFIC ANALYSES



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Scientist & Hon. Director IISH

**INDIAN INSTITUTE OF SCIENTIFIC HERITAGE
THIRUVANANTHAPURAM 695 018**

Heritage Publication Series - 68

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Indian Institute of Scientific Heritage (IISH)

Registered Charitable Trust 328/99/IV
Ushus, Estate Road, Pappanamcode
Trivandrum - 695 018 (Ph. 2490149)
www.iish.org

Rs. 15/-

Printed at:

Sree Printers (DTP, Offset & Screenprinting)
Ind. Estate, Pappanamcode, TVM - 19, Ph. 2490135

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Beneficiary : IISH Trivandrum

Ac No : 57020795171

IFSC : SBIN0070030

Bank : SBI industrial estate, papanamcode
Trivandrum-19

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Vegetarian Food – A Scientific Analysis

Nutrients Contained in Vegetarian foods

1. Vegetarian food like grains, fruits, raw vegetable leaves, flowers, fruits, etc. are rich sources of Carbohydrates, polyunsaturated fat and vitamins which are very essential for our body.
2. Fruits contain proteins and fructose sugars which are easily digested in the body and are extremely effective in monitoring the brain and body functioning.
3. Vegetarian food is a rich source of fat containing the polyunsaturated fatty acids. This fat provides a lot of energy and acts as source of raw materials for the production of many hormones in the body .
4. Only vegetarian food contains fibre which is very essential for the proper functioning of stomach, intestine and smooth absorption of the micro and macro nutrients. It also acts as the best material for stimulating the cleaning of the intestine.
5. The proteins contained in the vegetarian food can be cooked in such away that it can be easily digested. Thus cooking and degrading to absorbable level for fast absorption are easy.
6. When boiled in water or oil, the elements formed from the protein do not poison the food. I.e. the degraded products of the vegetarian food materials are known non toxic, in nature.
7. The polyunsaturated fatty acids which are very essential for body are obtained only from plants. Animal products are completely devoid of this essential fatty acids.
8. The body requires 30 to 40 g of polyunsaturated fatty acids daily which helps the synthesis of hormones needed for the proper functioning of the body. Polyunsaturated fatty acids are not available from Non vegetarian food even though it is present in fish.
9. The fibre present in vegetarian food play an important role in maintaining the healthy of the body. They help cleaning

excretory system and there by clean the intestine easily. Stomach cancer in vegetarians is rare.

10. The fibre present in the stomach prevent the absorption of cholesterol. This is possible due to the presence of various kinds of phytosterol in the plant products..

11. The phytosterol in vegetarian food is highly nutritious. Ergosterol becomes vitamin D2 in the body with the help of mild ultra violet rays of the Sun.

12. The studies carried out in Virginia University have proved that there is only little chance of metastatic cancer in vegetarians.

13. Vegetarian food which is rich in Carotenes, reduce the chances of the formation of cancer also by way of preventing the formation of peroxides and hydro peroxides in the cells..

14. Vegetarian food is also rich in Tochopherols which reduces rashes that occurs in the skin in old age and it also reduces the oxidative degradation in cells.

15. The elements/products present in edible plants will not get toxicated bio-chemically according to the growth of the plant or age of the plant.

16. Even the toxic pesticides will not retain for many days inside the plant cells. The pesticides , both systemic pesticides or contact pesticides, undergo change in the cells very fast and get degraded within days.

17. In edible plants different types of minerals, salts and almost all other micro nutrients are produced either from the carbon dioxide present in atmosphere, water and sun light or absorbed from the soil directly. But the factors present in Non-vegetarian food are formed from the food of the animals / cattle feed. So the toxins without degradation /modification/ detoxification , contained in the animal's food will reach the human body from the meat. Toxin bio-degradation mechanism in the animal body is in fact ineffective.

We can now analyse the micro nutrient content in the vegetarian food, one by one, so that we can answer any questions asked on the quality of the vegetarian food.

Vegetarian food is rich in Vitamins

- 1. Vitamin A:** Large amount of Vitamin A is present in vegetarian food. The carotene present in the plants will get converted into vitamins inside the human body. Human body requires 750 mg of Vitamin A daily. Vitamin A deficiency can cause ill health similarly excess of Vitamin A leads to stomach pain, vomiting, falling of hair, skin disorders, body pain, etc. The deficiency of Vitamin A affects eye sight.
- 2. Vitamin B1 –** It is obtained from plants. Vitamin B1 is also known as Thiamin. One milligram of Thiamin is required for the body daily. Dal, rice husk, leafy vegetables, etc are the rich sources of vitamin B1. Excess of Vitamin B1 in the body leads to the diseases like Anaphylactic shock and sensitization.
- 3. Vitamin B2 / Riboflavin :-** Only 2 milligrams of Vitamin B2 is necessary for our body. This vitamin is available in Dal and leafy vegetables. There will not be any deficiency of this vitamin, for those who take leafy vegetables.
- 4. Vitamin B3:** Grains, pulses, milk, etc, are the rich sources of vitamin B3. Only 1.25 milligrams of vitamin B3 is needed for our body. As we use milk as a part of our daily food, there can never be a deficiency of this vitamin to anyone, If no other abnormality is present in the body.
- 5. Vitamin B6:** Banana, dal, grains and ground nut are the richest sources of Vitamin B6. Only 1.25 mg of Vitamin B6 is needed for our body. Taking enough fruits at least in alternative days can solve any problem created by the low content of this vitamin, in our food.
- 6. Pantothenic acid :-** 10 mg of this Vitamin B is needed for our body. This vitamin is present in all the above mentioned vegetarian food.

7. **Biotin :-** Our body requires 0.1 mg of biotin daily. Large amount of biotin is present in leafy vegetables, fruits and milk.
8. **Vitamin B12 or Cynocobalamin:-** This vitamin is a very complex one, in structure. It is needed only in a limited quantity for human body. This is not present significantly in vegetarian food. But it is abundant in milk and milk products, bread, etc. A speciality of this Vitamin is that up to 2mg of it can be stored in the human liver. It can be utilized for several years for the smooth functioning of our body. The daily need of this vitamin for our body is below 2 micrograms which is easily obtained from milk and milk products..
9. **Folic Acid :-** Upto 10 gm of folic acid can be stored in the body. Daily need of this vitamin is only 250 microgram. All vegetables are rich in folic acid.
10. **Vitamin C:-** This compound is present in very limited quantity in Non vegetarian food. At the same time it is present abundantly in fruits, goosbery, lemon, etc. 40 mg of Vitamin C is needed for our body daily and we should depend entirely on plant products for this vitamin.
11. **Vitamin D :-** Vitamin D is very essential for the balanced functioning of Calcium and Phosphorous. The compound Ergosterol which is obtained from vegetarian food get converted into a calceferol, called Vitamin D, with the help of the ultraviolet rays in the sunlight. Vitamin D3 is formed from a compound present in human skin in the presence of sunlight. Our body requires only 10 microgram of Vitamin D3. It is obtained from Milk. So we need not depend on Non vegetarian food for this vitamin also.
12. **Vitamin E:-** Our body requires 5 mg of Vitamin E daily. It is essential for protecting the skin and cell membrane. It is also essential for protecting and maintaining the reproductive capacity. This Vitamin is present in almost all vegetarian food.

All these explanations prove that vegetarian food is rich source of all vitamins. Though modern science is progressing fast, we

are under the wrong impression that we should depend on Non vegetarian food for some of the vitamins and amino acids. But now the scientists know that vegetarian food even without milk products give proper health and energy. Then the vegetarian foods with milk and milk products, are definitely assured of all nutrients

Vegetarian food is rich in Minerals:

Variety of minerals are required for the proper functioning of our body. They are required in small quantities only, but are very essential parts. We are analysing the micro-nutrients to give a scientific picture of their content in vegetarian food

1. Calcium :- Calcium is very essential for the proper functioning of human body and to repair the damaged cells. Human body contain 1200 gm of calcium. All vegetarian foods contain calcium. Normally the body absorbs calcium from all vegetarian food. Non vegetarian food contain extremely large amount of calcium. If the body absorbs excess calcium it has to be removed from the body to prevent the problem connected with the over supply of calcium. Sufficient amount of calcium required for the body is present in vegetarian food. Excess of calcium in the body affects the functioning of kidney, leading to the kidney stone formation.

Phosphorous

Human body contains nearly 850 gms of phosphorous. Almost equal amounts of phosphorous and Calcium are required for the body every day. Dal and grains are rich in phosphorous. If phosphorous content in the food exceeds a limit, it is re-absorbed even after filtering through the kidneys. Excess amount of phosphorous and calcium obtained through meat/ non-vegetarian food get accumulated in the body for a long time and cause the disease called meta-calcification. To avoid excess of calcium and phosphorous and to maintain their balance in the body, it is very much essential to depend on vegetarian food.

Iron:- Nearly 2 milligram of iron is required daily for the body. Our body contains 4.2 gm of iron. The blood which is present in

meat is an over rich source of Haemoglobin. There is a possibility of absorption of large amount of iron from meat. Excess amount of iron in the body will lead to disease called Red blood diseases. Continuous and excess absorption of iron from the food will also lead to Siderosis. So excess iron content in the body will cause more harm than good. For some people iron absorption does not take place smoothly, they should take food prepared in the iron vessels twice or thrice a week.

Copper :- Copper is present only in a limited quantity in human body. Like iron, copper also plays an important role in Haemoglobin. Copper present in the vegetarian food is enough for our body. It is abundantly present in fruits. In olden days milk was boiled in copper vessels. Any chance of deficiency of copper can be solved if once in a while copper/brass vessel is used for preparing or storing the milk or some food products. The limit of copper should never exceed in the food.

Zinc:- The amount of zinc that the body requires is 15 mg. This is obtained from the food grains.

Sodium, potassium, manganese and magnesium are obtained through common salt. Most of these elements are also present in fruits and leafy vegetables. Thus it is clear that we need not depend on non vegetarian foods for minerals and salts.

Non Vegetarian Food and Health

The following diseases are caused by taking non-vegetarian food

1. The non vegetarian food can cause abnormalities even upto the genetic modification level in the human body. The chances of formation of cancer are high in non vegetarians.
2. Non vegetarian foods contain excess of protein which will affect proper functioning of kidney. The degraded excess protein has to be pumped out from the body through kidney only. This leads overloading of the capability of the kidney.
3. Meat and egg increase the thickness of the blood and blood vessels and cause the increase of the amount of cholesterol

and saturated fatty acids. Both these cause high blood pressure and heart diseases.

4. Though the non vegetarians appear outwardly calm, mentally many of them may be in a conflicting state. They will be easily infected by the disease called Insomnia.
5. The details of the research work done by Prof. Vinburg, a famous doctor in Massachusetts institute of Technology in America on non vegetarians are very significant. This has created an indepth awareness on the side effects of animal products in the food.
 - (a) As alcohol and smoking affect the brain, the non vegetarian food also affect the brain. The non vegetarians easily get agitated both mentally and physically. Just like the carnivorous animals move restless in the nights, the non vegetarians will lose their peaceful mental state in the night. Thus says Prof. Vinburg. They also develop cruel nature in them like the flesh eating animals.
 - (b) The herbivorous animals like elephant, horse, camel, etc get energy from vegetarian food and they are very calm and soft in nature.. The animals and human beings those depend on vegetarian food will have a longer life expectancy.
- (6) The people of Ambkhasian, a state in Russia, do not use even egg, milk and milk products. They are 100% vegetarians. The life span of the people living there is nearly 100 years. They are the people having the longest life span in the world.

From all the above inference and observation we can conclude that for better health and life, the most effective food system is vegetarianism.

Non Vegetarian Food, Fat and Diseases

The daily requirement of energy for a normal human being is 2400 calori. We must take food for producing this level of energy and also for the production of few body cells. The most important

factors which should be present in all the foods are carbohydrates, fat and proteins. Any of these elements if present in excess, the body absorbs it and store in the form of fat in the body. This will lead to obesity. Sometimes the decomposed proteins in excess are filtered off through kidney.

A small portion of meat naturally contains a large amount of energy because it is consolidated amount of protein and fat. So if we take a lot of meat it will lead to obesity. In the modern world people do their day to day activities without much physical exercise which leads to the following consequences. The meat consumption aggravates the situation further.

- (1) The cells that store fat, grows rapidly creating mal functioning.
- (2) The fat stored in the liver will result in the enlargement of liver and other liver based illness.
- (3) The diseases connected with the digestion and absorption of carbohydrates can be prominently seen in many.
- (4) Increase in the production and storage of carbohydrates result in fattening of the body.
- (5) The blockage in the passage removes carbohydrates by converting them into various other forms and storing in the body.
- (6) The defects that occur in the circulation of blood due to the accumulation of saturated fat in the blood vessels results in higher BP.
- (7) Body movements and physical action become very weak and slow.
- (8) The rashes formed in the skin cause infection which again leads to diseases like Monaligasis
- (9) Erythrochesis, angina, eshemic heart disease vein thrombosis, embolism and diseases connected with circulation of blood in the heart, will become common.

- (10) The diaphragm in the lungs get weak. Extra effort for the function of the thoracic part of the lungs, respiratory disease like pickwickian syndrome etc. are other major problems, a non vegetarian is easily susceptible.
- (11) The belly formation called Abdominal Apron and Hernia are caused by the pressure of the stomach.
- (12) Diabetese, hype lipidemiasis, gout, cholesterol galstone, etc. are the additional problems seen in many people who take large amount of non veg.
- (13) Mental conflicts, complexes, feeling of alienation, etc. are other set of psychological problems.

To free from all these disease modern science recommends the vegetarian way of life – “One teaspoon non vegetarian dish along with full plate vegetarian food” is an advice given to those who cannot live without non vegetarian food. This is for the Europeans for whom meat is their staple food.

Disease that spread through non-vegetarian food

To kill animals for meat is cruel and heartless way as far as India is concerned. Scientific researches have proved that through these animal products more than 200 diseases are spread world over to human beings.

The famous physician Dr. T.P Sethu Madhavan has pointed out in an article in “Mathrubhumi” daily (1999 April 25) thus. By killing animals affected by harmful diseases and processing the meat in unhygienic conditions causes the spread of a lot of contagious diseases to human beings. Anthrax, tuberculosis, bruseleocis, blotulism, Rat fever, tiniasis meningitis, listeriosis, tetanus and various kinds of worms infections intestinal diseases, etc are some of the most dreadful diseases. Sometimes the animals affected by diseases will not show any symptoms.

Tenia saginata, Teniyasohyam are the dreadful diseases that spread only through meat. One of the stages in the life cycle of

the pathogens is in the cows and pigs. The evolutionary stage of *E. coli* is also seen in the cattle. This causes dreadful disease in human beings. The larvae of *Trichinella spiralis* reach the human body through pork. The eggs of these larvae can resist even the high temperature while cooking. Through the meat of the animals that are affected by Tuberculosis this disease also reaches to human beings. The pathogens named *Salmonella* that produces toxin grows rapidly in non vegetarian food. *Clostridium* is a very poisonous pathogen that cause food poisoning. The *Staphylococcus* is also the same type of pathogen. All these poisonous pathogens grow very rapidly in meat. It grows on a large scale in the places where meat is processed in an unhygienic conditions.

The meat that is exposed in the open air, on road side (which is a very common sight all over India) will be contaminated with dreadful disease causing germs, which come through air. The dirt that gets fixed in the meat cannot be removed completely, because of the thick fat layer on the meat, by cleaning in water. Remember the dirt in the vegetables can be removed completely by a simple washing in water.

The growth of the disease causing germs in tinned meat is more rapid than in any other food materials. This meat will get easily spoiled and so it is very dangerous to use those tinned meat products. The food items that get spoiled more easily than any other food is the cooked meat. Those who take non-vegetarian food are easily affected by kidney stone and intestinal cancer other than the above "fantastic" diseases. The research by Dr. Deepchand Jain of Safdarjung Hospital, Bombay makes it clear that in India nearly 150 diseases, come under the group of Zoonosis, are spread through meat. Most of these diseases that come under this group are incurable. On the way to slaughter house generally all the cattle usually drink polluted water containing pathogenic microorganisms. These germs spread havoc in the human beings through the meat.

Scientific Researches have proved that many deadly diseases are affected to the herbivorous animals when they were forced to eat the waste of fish and meat. Recently in England the cows were fed with slaughter house waste materials which caused the dreadful brain disease. It came to light only when the world saw the spread of the disease to the human beings. As a result of this disease, in England alone lakhs of cows were burned to ashes after killing.

The disease that affected in hen in Hong Kong was a continuation of the above mentioned incident. Crores of infected chickens were burned due to this disease. This is a "great reward" for feeding animals in the most unnatural way! Most of the European countries banned pork because of the spread of Carcinogenic Dioxin, a compound that causes cancer, which is spread through pigs. We cannot make it sure that the meat of the germs affected animals will not reach our dining table. The disease causing germs in pigs spread rapidly.

All these explanations throw light on the fact that most of the diseases that affect human beings will not spread to animals. But the diseases those affect the animals reach the human body by eating their meat. It should be noted that even in the presence of disease causing germs in the feed of the animals they are not easily affected, but human beings become an easy prey to these disease causing germs, through the meat.

Fish is not a better food as many think

Sometimes even those who support vegetarianism find it difficult to answer certain questions related to taking fish as a food item. The vegetarians in Bengal eat fish. Some of us may say that fish is a rich source of vitamins and polyunsaturated fatty acids. In spite of all justifications and the so called benefits, we cannot deny the fact that eating fish will lead to more complex and dreadful consequences than the level of our imagination.

- (1) Most of the food poisoning in the world occurs through fish.

- (2) The natural toxin that is formed in fish is known as Iktthotoxism. It is commonly seen in all countries.
- (3) On certain occasion the body of the fish itself produces toxins. It is called sarcotoxism.
- (4) The toxins that are connected with the genital organs of fish are called Ootoxism and the toxins that are connected with blood are called Haemotoxins.
- (5) Another important factor is that these toxins which are harmful to human beings never do any harm to fish itself or any other animals. They are given by the nature for the protection of the fish itself
- (6) Normally the non poisonous fishes also emit toxins to escape from enemies. This toxin will remain in the blood of fish for hours or even for days
- (7) In some fishes dreadful toxins are formed in its body on certain particular period. These fishes will be normally non-poisonous, but it is impossible to predict when they produce toxins
- (8) Certain fishes, at some particular period, when they move to different environment of sea or back waters produce toxins due to some unknown reasons.
- (9) The fishes that are proved to be eatable/edible will become poisonous when they take/consume other poisonous fishes and plants as their food.
- (10) The fishes that grow in the surrounding of pesticides and polluted water, biosynthesise factors containing large amount of toxins in their body. This is called biomagnifications, which becomes dreadful for human beings.
- (11) In most of the fishes, the toxins are present in its various body parts and it is very difficult to remove the particular part before use.

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- (12) On certain seasons/ occasions, the fish liver produces nearly 600,000 unit of Vitamin A (per 100 fishes). If this (excess) amount of Vitamin reaches human body it causes the disease called vitaminosis which may lead even to death.
- (13) The production of histidin by scromboid fishes causes diseases in human beings.
- (14) In fishes large amount of serine and histidin are produced by different kinds of bacteria present in sea water. When the fishes die, the production of these compounds in its body increases. It may even cause heart attack and schimbotoxisity in human beings.
- (15) The fish bacteria which belongs to Dino Flagellate group leads to complete paralysis of human body.
- (16) Toxins that are present in fishes are not found in plants, at all. But certain kind of Mushrooms contain such toxins. However it is possible to find out the toxic and non toxic variety of these mushrooms .
- (17) In the growth of a child, a series of physiological changes occur like the formation of new tissues, hormones and compounds. All these changes occur naturally. Like this in fishes and animals a lot of change occur during their growth. Some compounds produced during these biological changes of the body are harmful to human beings which may be an adaptation given to them by nature itself. Nature has to/ should protect not only the human beings but also other organisms. Nature has given all kinds of defence mechanisms to all the living beings for their self protection. Among them some may be harmful to human beings. So we cannot declare that fish is a better food.

Do Animals feel and think ?

“Animals do not have feelings and they don’t have the power of differentiation. Animals are created for human beings”. All the above said arguments about animals are absolutely wrong. Each

and every animal is clearly aware of its life cycle. They can differentiate between the materials that are eatable/edible and not eatable. They express their love towards their young ones. The cow licking its calf, the hen which broods on the egg for days without going for food, are all examples of expression of love in animals. The Kangaroo which carries the young ones in its pouch, the monkey which carries its new born in its belly the elephants that move like a procession with their young ones are all expression of the noble feeling of love. The dog which runs when throwing a stone, the elephant that groans when it was caned are reflecting the feeling of fear. The parrot that calls the name of its master, the dog that wags its tail to show its gratitude have the power of memory. The dog which is dominant in its master's house never barks at strangers when it walks through the public road. What is the reason behind the migration of birds from one place to other, every year? The cat has the sense of covering its feces with soil. If we train these animals carefully with love and care, most of the animals including Gullies understand the human language and obey it. It is a pity that man born in a village or town does not understand the language of any animals even if he lives with animals many days. So in this matter it can be said that human beings are inferior to animals. We kill and eat the animals thinking/saying that the animals do not have feelings and thinking capability. If that is the case, it is applicable to a new born child / human also. It is clear that animals have the feelings of fear, anger, pain, sorrow, hunger, desire to live, tiredness, etc.

When a cow or buffalo is killed for its meat using a knife it suffers from severe physical pain. Their eyes bulge out due to pain. Just imagine the severe pain when the sharp knife pierces through its skin. Can we imagine such a situation in which the knife passes through the skin of our body or through the body of one whom we love.....?

Is Man the Noblest of God's Creation?

The misunderstanding that man is the noblest of all creations and all the worldly pleasures are intended for men is the result of man's own agitated mind. There are nearly 16 lakhs variety of

animals, four lakhs varieties of plants and many lakhs varieties of micro organism. The inhuman conception that all these are created only for human being is a challenge/or declaring war against nature itself. It cannot be denied that man is blessed with more reasoning power and intelligence than many other animals. But nature has given each and every organism some specialities some of which may not be given to human beings. Having a few special qualities does not make man the noblest of all creations.

A dog's power to smell things, the bearing capacity of a bat, the power of sight of a cat, the speed of a cheetah, the sharp vision of an eagle, the physical power of horse, the glow of a glow worm the sweet voice of the cuckoo, the ability of a parrot or myna to speak in human language, the ability of camel to preserve water for days, the power of the humming bird to fly kilometers without taking rest, the memory power of bee which collects honey from a flower far away from its home, the immunity of animals against diseases, the power of the cattle to find out the eatable grass... ..these are some of the qualities that the nature has given to animals. Men do not possess any of these qualities.

Men also have a lot of very serious limitations. A human child takes many months to stand and walk in its own legs. Without proper guidance it cannot differentiate between things which are edible and non eatable. Men have to depend on others for building his own house, preparing his food, to take treatment for a disease, etc. Men who are moving away from nature are passing from complex situation to a more complicated state. Men cannot resist variations in atmospheric temperature, rain, etc. It is only the human beings purpose fully use the dangerous toxic substances like alcohol, tobacco, etc. In this world no other living organism commit suicide. The only creature that cannot live even for an hour without depending on other organism is man. Then how can we say that man is the noblest of all creations?

Some common questions

Do plants have life, pain and is it not sin to eat them?

The answer for this question can be understood only by

approaching the question with a broad and open mind. The answer should be scientifically, socially and ethically true also,

1. Plants grow and reproduce. So they have life. There is no doubt for that.
2. It is clear that plants do not have nerves or the pain that passes through the nerves. This is the latest research study. But definitely there is communication mechanism.
3. Nature has supplied the food materials for all the living organisms for their existence. They are also given the ability and body structure to use whatever materials needed according to their surroundings and body system.
4. When we use the fruits and leaves of plants the plants will not be destroyed completely. Nor that we have to kill that plant for a part of our food. Most often taking the leaves and some parts will be needed for the plant's proper growth.
5. When the branches and tender stems are taken from the plants, they produce more leaves and branches and thereby it gets new energy. They grow more vigorously.
6. Each fruit contains certain factors which are not useful to plants for its germination and growth. This naturally attracts human beings, birds and animals. The fleshy part of mango, banana, jack-fruit, apple, pine apple, etc. do not play any role in plant's growth/germination. But it is nature's blessing for the other animals. Thus we can say without killing and creating pain to plant, we can selectively use plant products.
7. A tree may produce hundreds or thousands of seeds. That means nature might have foreseen the natural destruction of some of these seeds. Because if all these seeds fall at the bottom of the tree and germinate. What would have happened to the surface of the earth? Hence these seeds are to be carried to different places. For getting the 'spreading of seeds' done by moving animals including men, the nature has given certain materials in the plant products which attract human

beings and animals and those products directly become the food for animals and human beings.

But this approach/product is not seen in the case of animals. Man can use only the milk and hair of animals without killing them. Or without creating pain on them. It is not possible to take pieces of meat from live animals. We cannot get part of the meat without affecting the existence /survival of the animals.

8. There is no "useless" organs or part for an animal. If a part is removed from the animals, that part will not spontaneously grow again in them. Whereas in plants if a branch is cut all the sleeping buds will wake up and start growing.
9. The reproductive capacity of animals is not infinite as in the case of plants. Cow, buffollo, goat, etc give birth to only 5 to 25 young ones in its life time.
10. Animals clearly have pain, fear etc. But plants do not appear to have these feelings. When animals are killed, blood ejects from its body as in the case of human beings.
11. In plants the leaves and fruits fall down occasionally. But it is not there in animals. Nature has blessed every organism with the ability to make use of necessary materials for their food, and to search for its food.
12. Carbon dioxide present in the atmosphere and the salt and minerals in the earth are the food for plants and trees. The food for micro organisms is decomposed materials, the soil is the food for earth worm, rat for snake, other animals for lion and tiger... thus goes the list.... Nature has specified the type of food for these animals. Even if some of their food contains toxins it will not affect them.
13. It has been proven that non vegetarian food leads to a lot of health problems. So we should avoid taking non vegetarian food. Alcohol is a poison which kills a person gradually. Non vegetarian food is similar to this which kills him

gradually. That is why non vegetarian food is considered as poison. Off course slow poisoning food

A common question which is often asked is that if we do not kill these cows and buffaloes, will they not increase in number and fill the earth?

14. There are a lot of animals and birds like elephant, horse, cat, crow, donkey, etc., which we do not kill. But they are not increasing so much so as to become over loaded in number and fill the earth.
15. On the other hand even though there are laws against killing the tiger and lion, their number is considerably decreasing. The maintenance of the number of these animals is not done by human beings by using them as food
16. Dinosaurs, which lived millions of years before man, became extinct completely by the forces of nature itself. Not because the people ate them for controlling their number.

One thing is clear. If men want to preserve the balance of nature, they should first of all start with reducing rate of growth of their own species.

17. Some may have the doubt that; is the non vegetarian food against nature, then why not the man dies as soon as he takes that food?

Certain poisons like potassium cyanide, and Tetrodotoxin kill man as soon as he takes it. But there are some other poisons which kill a man gradually. It may take even years. Death that comes through smoking and drinking is gradual and slow. Non vegetarian food is also like that. Though non vegetarian food gives temporary energy and vitality, it will lead to permanent ill health and different kinds of diseases.

18. Another doubt that occurs often is that, is it not better to kill the non productive animals than to allow it to die in the old age and decompose ? But if we accept this argument, we

should apply it, in the case of human beings also. We have to take steps to kill all the old aged people including our own parents and grand parents !

19. Thus it becomes clear that the most appropriate food for human beings is vegetarian food. Even in western countries, vegetarianism has become a trouble free way of life. Vegetarian restaurants are spreading every where. In western countries development and progress are a journey towards the lap of mother nature. It has become a life style of blessing without killing and without exploiting the nature.

Is it not possible for us ? The most suitable way for a peaceful mind and body is vegetarianism. Remember this ! And try to make others remember that their health will be better through vegetarianism

Crazy for meat invite death - A latest scientific report

The greed towards meat "blesses" Indians with dreadful diseases. Studies have proved that when the Europeans move towards vegetarianism, we Indians are rushing to receive dangerous diseases by moving away from our traditional way of life.

Non vegetarian food leads to diseases like diabetes, obesity, cancer, heart diseases, etc . When it was proved through scientific researches the educated Europeans changed their life style. The vegetarian journal points out that in America 19,000 people are changing to vegetarianism every week.

The survey conducted by Sogby International Incorporated proves that apart from health reasons, the sympathy towards the animals, relation between meat and environment, etc. have changed the taste of Americans from Non vegetarian food to vegetarianism.

But in India, the consumption of meat has increased to 3.6% between 1983 to 1994. The number of heart-attack in 1991 has become 18 lakhs in the country. This dangerous condition will be continued till 2020. Dr. Aswini Chopra, the gastro enthrologist of

Jashlok Hospital, Mumbai tells that this very way of life will lead to an increase in the death rate. There will be three times increase in the number of cancer patients. The number of diabetic patients will be 5.70 crores.

The studies made in California University have proved that the chances for heart diseases in Indians are 3 times greater than that of East Asians. One, out of every three heart patients in India is below 40 years. So these researchers have requested the health department that the international conditions that are applicable to blood pressure and cholesterol cannot be applied to Indians. For example though the cholesterol level below 200 and the blood pressure level 140/96 are safe for most of the westerners, for Indians it should be made 160 and 130/85 respectively.

Among the Indians residing in U.S.A, 34.6% of them die due to heart attack. This was proved in the studies conducted by U.S National Institute of Health. The number of Indians in Britain who die due to the disease in coronary vein has increased, significantly.

In India people having high income, and who live in cities are suffering from obesity. The studies made by Nutrition Foundation of India makes it clear that unbalanced Nutrients causes obesity in these people. Obesity, which will lead to a lot of dreadful disease can be controlled by following vegetarianism.

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World over scientists are conducting studies on the positive and negative effects of modern science in the society . Many are of the opinion that a series of negatives are being traced from world over which are created due to the blind application of the modern scientific results for the comfort and happiness. The negatives are reflected in the psychological, physiological, family relation, social relation and even building the nationalistic spirit. How to reduce the negatives of the modern science and increase the positives of them ? One can see if looked with an open eye, that almost all the solutions discovered for the deleterious effects of the modern science , have come from the ancient knowledge.

The Vegetarian food is one such ancient Indian knowledge, which can reduce many of the physiological and psychological problems of our day to day life. Many of the psychosomatic problems can be reduced by changing to vegetarian food. The curse of the animals which suffers the horrible pain when it is cut by the knife slowly.... The deepest pain... Think that , if that knife would have passed through your neck cutting each and every nerve fibre, blood vessel,how much pain you will suffer..... Then analyse the vegetarian food in a scientific way also..

Why not change to Vegetarianism..... scientifically, ethically, socially, spiritually..... all-round benefit is assured